

SUMMER

2024



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WELCOME TO OUR NTA SUMMER CAMPS



Dear Parents and Players,

The summer gives players the opportunity to make improvements to their game. The main focus is not just making players technically and tactically better, but also engaging the physical, mental and nutritional areas, for a positive and impactful outcome that can benefit their game for the future. This is our 18th year of summer camps at NTA and we take pride in providing the ultimate environment for players to reach their full potential, under the guidance of a world class coaching team.

Welcome to your NTA Summer 2024!
Nick and all the NTA Coaching Team!



ABOUT YOUR WEEK AT NTA

At NTA we value improvement more than anything and our best strength is checking this out with the player, so there is an honest and serious side to our camps. Basically we care about our players. Over the past 20 years we have worked to improve our methods of squash coaching for professional players, advanced and beginner players.

We have certainly learned how to make an impact in the time we have with our players. There is always a fun side to our camps but we want our players to go away feeling they have a better understanding of how to play the game.

Our programs will give players intensive, quality coaching and knowledge of the game, which will improve their games, both short and long term

You will practice under the guidance of Nick and the NTA team from 9.00AM until 3:00PM with 60 minutes break for lunch. We are keen to make sure that by the end of 5 days work players are better than they were at the beginning of the week.

What will you achieve by the end of the week?

- Have made minor technical improvements to your swing and movement
- Have learned tactical plans to use in matches
- Have increased your mental toughness and ability to concentrate under pressure
- Have increased your squash learning power (creativity, resilience, self belief, game understanding, motivation, curiosity)
- Have specific practice drills to go away with to help you develop all of the above.
- Have a personal improvement plan to take back to your coach or use on your own for the next 6 months
- Have a personal fitness regime to follow in the build up for the future

What will you do during the week?

- Time with the coaches on court and off court where you will discuss and learn personal skills
- Get 1:1 time with Nick and the team checking out and improving your various swings with help of video footage and analysis
- Play matches, routines, complete movement work and strength exercises
coach your fellow players
- Take notes and build a personal diary of your week to use in future
- Set personal goals for your next 6 months training and future years.

All NTA programming is based at Cross Courts Squash & Fitness, 19 Tech Circle, Natick, MA 01760



+4.5 RATING

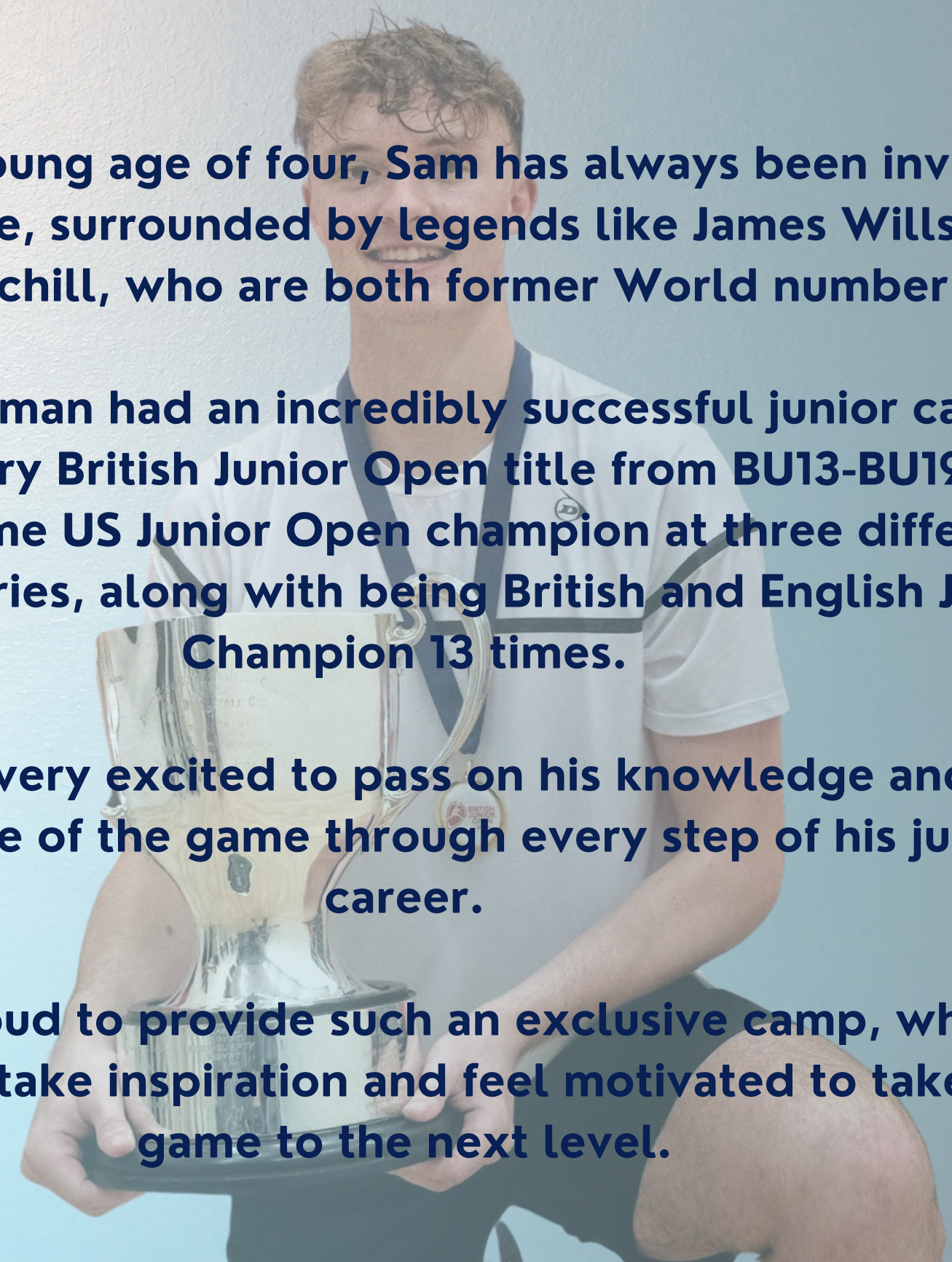
WEEK 1
ELITE WEEK WITH GUEST COACH SAM TODD
17-21 JUNE
\$1250 (+\$100 non-member fee)

Since the young age of four, Sam has always been involved in the game, surrounded by legends like James Willstrop and Lee Beachill, who are both former World number ones.

The Englishman had an incredibly successful junior career, winning every British Junior Open title from BU13-BU19. Sam is a four time US Junior Open champion at three different age categories, along with being British and English Junior Champion 13 times.

Sam is very excited to pass on his knowledge and experience of the game through every step of his junior career.

NTA is proud to provide such an exclusive camp, where players can take inspiration and feel motivated to take their game to the next level.



+4.5 RATING

WEEK 2

ELITE WEEK WITH COACH NICK AND THE NTA TEAM!

24-28 JUNE

\$1250 (+\$100 non-member fee)

Coach ratio | 1:1/1:3

Theme for the week: 'Squash Pillars'

Length battle low

Ability to hit down on the ball; severe and authoritative with the correct weight of shot for a fading length that dies out on the 2nd bounce. Player is able to generate high levels of racket head speed and a full release of the follow through. Tight, accurate lines on both straight and cross court drives

Length battle high

Ability to control the ball to an accurate length on or above the service line with high levels of feel and precision. Player is capable of matching height with pace to achieve the correct weight of shot by engaging the strings and angles of the racket face effectively.

Controlling the 'T'

Player displays a predatory mind-set - looks for the ball around the middle of the court and has presence. Reads visual clues, alert, quick preparatory footwork, appropriate swing size. Plays in combinations, looking to follow up. Has the ability to play long or short from the middle of the court.

Take it in straight short

Player has the ability to take it in either by leaving it very short by `feathering` the ball in with touch/feel, equally they can take it in with more `bite`. Has the ability to fade the ball off and tie opponent down with tight accurate lines using subtle racket face adaptations depending on the situation.

Defending the Ball

Adaptability of the racket face and grip, appropriate racket preparation, player is comfortable at extension, with a good range of motion & control of anchored leg. Player is capable of creating time to relieve/survive pressure, reverse pressure with feel and softness, uses containing drops to diffuse/reverse pressure and uses height when necessary.

Hit to open space/create space

Player is aware of opponent's position in the court, understand own position, and is aware of appropriate space (not being insular). Has the ability to control opponent's body weight/movement by variations in hold or on the rise (draw them in or take it early). Has a variety of shot options to create a `threat` from the one position. Player is creative, plays with variety and makes excellent decisions.

Movement

Build momentum from the feet up engaging your lower half with the top half linking your body to your swing for a smooth, balanced, sequential weight transfer through the shot. Looking to achieve - Power -Ease -Power process from 'ready position' into the hitting area and back to central area. The above provides rhythm and flow, creating efficiency. This affords the player a dynamic positive first movement, ease and quiet when approaching hitting area with control and stability of the anchored leg, using the follow through to aid recovery.





+4.5 RATING

WEEK 3
ELITE WEEK WITH DAVID CAMPION
01-05 JULY
\$1250 (+\$100 non-member fee)

Coach ratio | 1:1/1:3

Themes for the week:

- Length hitting - the art of hitting a fading length with the correct weight of shot using various heights
- Partnerships - playing with options and having a threat (hold) to take opponents movement away
- Defending and reversing pressure using softer skills.
- Attacking - how to use the straight drop effectively and follow up
- T Control - how to gain and stay in control the middle of the court effectively
- Footwork, positioning & movement.

Critical Moment Control

Playing games from 7 all to 11. If players don't convert the game ball they go back to 8. All focused on mental tactical toughness.

Video Analysis

Analyze the top players - short clips on playing short or long from same set up, and how they mask their intentions until impact point which takes opponents movement away.

David Campion

ELITE WEEK WITH DAVID CAMPION
WORLD RENOWNED COACH



David is a former World Junior Championships silver medallist and a World Junior team Champion. He had a prolific junior career and was destined for the top having beaten several world top ten players early in his professional career. At the age of 21 due to injury, he retired from playing and started on his coaching journey. In the year 2000 he was appointed England National Junior coach winning both the Men's and Women's world junior team championship under his leadership. David led the National junior programme for 10 years and was instrumental in developing juniors that went on to win senior World titles, British Open titles with many reaching the top 10 in the PSA World rankings. Players such as Nick Matthew, his brother James Willstrop, Laura Massaro, Jenny Duncalf, Peter Barker, Daryl Selby, Alison Waters, Adrian Grant and many more. David was appointed assistant National Coach in 2010 and head National Coach for England squash from 2017 onwards. He has played a pivotal role in England's many success at Junior and senior level in his illustrious 23 years including 5 x World Team titles, 42 x European Championship gold medals, and 25 x Commonwealth medals (6 Golds). He has personally coached 3 x World No.1s including his brother James Willstrop who won the World junior championships and reached World No.1 who was highly regarded as possibly the most skilful player England has ever produced.



RATING +2.0

WEEK 4
08-12 JULY
\$950 (+\$100 non-member fee)

Coach ratio | 1:2/1:4

What Happens on a Typical Camp Day?

- Briefing
- Group warm-up
- Technical work, drills and movement skills
- Drill progressions and conditioned games
- Competitive play
- Conditioning and fitness
- Group warm-down and debrief

Camp days are typically based on a specific theme.

- themes include:
- Attacking options
 - Patterns of play
 - Weight of stroke
 - Deception



RATING +3.0

WEEK 5
15-19 JULY
\$950 (+\$100 non-member fee)

Coach ratio | 1:2/1:4

What Happens on a Typical Camp Day?

- Briefing
- Group warm-up
- Technical work, drills and movement skills
- Drill progressions and conditioned games
- Competitive play
- Conditioning and fitness
- Group warm-down and debrief

Camp days are typically based on a specific theme.

- themes include:
- Attacking options
 - Patterns of play
 - Weight of stroke
 - Deception



+3.0 RATING

WEEK 6
22-26 JULY
\$950 (+\$100 non-member fee)

Coach ratio | 1:2/1:4

What Happens on a Typical Camp Day?

- Briefing
- Group warm-up
- Technical work, drills and movement skills
- Drill progressions and conditioned games
- Competitive play
- Conditioning and fitness
- Group warm-down and debrief

Camp days are typically based on a specific theme.

- themes include:
- Attacking options
 - Patterns of play
 - Weight of stroke
 - Deception



ALL LEVELS

WEEK 7
29 JULY - 2 AUGUST
\$950 (+\$100 non-member fee)

Coach ratio | 1:2/1:4

What Happens on a Typical Camp Day?

- Briefing
- Group warm-up
- Technical work, drills and movement skills
- Drill progressions and conditioned games
- Competitive play
- Conditioning and fitness
- Group warm-down and debrief

Camp days are typically based on a specific theme.

- themes include:
- Attacking options
 - Patterns of play
 - Weight of shot
 - Deception



ALL LEVELS

WEEK 8
05-09 AUGUST
\$950 (+\$100 non-member fee)

Coach ratio | 1:2/1:4

What Happens on a Typical Camp Day?

- Briefing
- Group warm-up
- Technical work, drills and movement skills
- Drill progressions and conditioned games
- Competitive play
- Conditioning and fitness
- Group warm-down and debrief

Camp days are typically based on a specific theme.

- themes include:
- Attacking options
 - Patterns of play
 - Weight of shot
 - Deception

THANK YOU!



On behalf of the NTA team we want to thank you for choosing us. We value your trust and confidence in us!

Nick Taylor

PASSION | HONESTY | ENJOYMENT

www.ntasquash.com



CREATING CHAMPIONS BOTH ON AND OFF THE COURT!